



Austin ISD Wellness Policy

BIRTHDAY TREATS

The Austin ISD Wellness Policy, which is attached, states that no birthday treats may be distributed to students until AFTER the bell rings at 3:00 pm each day. Baranoff Elementary will always do its due diligence in following district policies.

Appropriately storing and then serving birthday treats in accordance with district policy at 3:00 pm poses a cumbersome demand on teachers and this interferes with dismissing students on time. To that end, we are no longer able to pass out edible treats at 3:00 pm. On the second page of the Austin ISD Wellness Policy, there is a list of non-food items - such as: pencils, erasers, stickers, book marks, and treasure box items that could be passed out as a treat to students in the class to celebrate a child's birthday. If you opt to send in a non-edible treat for each child in the class, it must be prepackaged to easily distribute. In addition, no birthday invitations can be passed out at school unless everyone in the class is invited. Students will not be able to pass out invitations to other students in different classes either.

We will continue to recognize our students' birthdays as individual teachers will still honor our Buffaloes on their special day.

HOLIDAY AND END OF YEAR PARTIES

In accordance with the Austin ISD Wellness Policy, campuses may not serve or provide access to foods of minimal nutritional value (FMNV) during the school day. There are no exemptions or exempt days. All food and beverages provided to students have to meet the USDA Smart Snack standards. Healthy options, fruits, vegetables, and water for example, are preferred and should be offered. Healthy snack ideas that can be served at school parties during the school day are listed at the bottom of page 1.

FOOD AS AN INCENTIVE

In addition, Baranoff will not give 'popcorn' parties to classes as an incentive anymore (see page 2- "Campuses may not use food as a reward, unless documented in a students' IEP").

CRITERIA OF FOODS SERVED (AT HOLIDAY AND END OF YEAR PARTIES) THAT MEET NUTRITIONAL VALUE

Fruits, vegetables, whole grains, and proteins per portion as packaged:

- ≤200 calories;
- ≤35% of total calories from fat;
- <10% of calories from saturated fats;
- Zero trans fat (> .5 g per serving);
- < 35% of calories from total sugars;
- < 200 mg sodium

FOODS & BEVERAGES PROVIDED

- Campuses may not serve or provide access to foods of minimal nutritional value (FMNV) and all other forms of candy at any time anywhere on school premises until the end of the last scheduled class.
- FMNV's: soda water, water ices, chewing gum, certain candies (hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn).
- All food and beverages provided to students will meet USDA Smart Snack standards. Healthy options, fruits, vegetables, and water for example, are preferred and should be offered.
- Fruits, vegetables and Smart Snacks are available for purchase through Café Managers.

ELEMENTARY SCHOOLS

Campuses may not allow food or beverages to be provided to students at any time during the school day, with the exception of a healthy snack and water.

MIDDLE SCHOOLS

Campuses may not allow food or beverages to be provided to students anywhere on campus 30 minutes before to 30 minutes after meal serving times.

HIGH SCHOOLS

Campuses may not allow food or beverages to be provided to students during meal times where meals are served or consumed.

BIRTHDAY CELEBRATIONS

- Parents may bring items to celebrate their child's birthday; however, they cannot be provided to students in the cafeteria during meal service times. Birthday food items may only be shared after the last scheduled class of the day.
- A campus may develop additional guidelines concerning birthday celebrations, such as number of celebrations per month and certain time to celebrate, so as not to interfere with instructional time.

HEALTHY SNACK IDEAS¹



BEVERAGES

Water
Spa Water (plain water infused with fruit or herbs)
 100% fruit juice (with no added sugar)
Fat free or low fat milk
Fruit smoothies (made with frozen fruit with no added sugar and fat free or low fat yogurt)
100% fruit juice slushes (with no added sugar)



FRUITS & VEGETABLES

Fresh fruit (trays, salads or kabobs)
Fresh vegetables (trays, salads or kabobs)
Canned fruit or fruit cups (in water or 100% fruit juice)
Frozen fruit or fruit cups (in water or 100% fruit juice)
Freeze your own fruit (ex. frozen grapes, melon balls)
Dried fruit (with no added sugar)



WHOLE GRAINS

Whole grain crackers, pretzels or cereal bars
Small whole grain bagels (topped with SunButter)
Low fat or air-popped popcorn (no added butter or salt)
Graham crackers
Baked whole grain tortilla chips (with salsa or bean dip)



PROTEINS

Fat free or low fat yogurt (serve alone or as a dip for fruits and vegetables)
Low fat cheese (serve with fruit or whole grain crackers)
Hummus (serve with vegetables or whole grain crackers)
Trail mix (with seeds, reduced sugar cereal and dried fruit)

¹www.healthiergeneration.org (healthy fundraising, celebration, and non-food reward ideas, plus Smart Snack information, calculator, and access the "The Healthier Generation Store with Amazon Business")

Campuses will comply with the Wellness Policy every day.

There are no exceptions or exempt days.

This institution is an equal opportunity provider.

FUNDRAISING

- All campuses may not sell food or beverages for any fundraising activity during the school day.
- Fundraising activities that involve the sale of food and/or beverages will take place outside of the school day, which is defined as 30 minutes before the first bell and after the last bell.

HEALTHY FUNDRAISING IDEAS²

Fundraisers that Promote Healthy Eating:

- Fruit and vegetables boxes, baskets or bundles
- Healthy spices and seasonings
- Cookbook of families' healthy recipes
- Cookware and kitchen utensils
- Herb starter kits
- School seed stores
- Farmers markets
- Family nights at healthy restaurants

Fundraisers that Promote Physical Activity:

- Fun walks or runs
- Walk-a-thons, bike-a-thons, jump-rope-athons, bowl-a-thons, skate-a-thons, hula hoop-a-thons
- School dances
- Neon dance party
- Family obstacle courses
- Golf or tennis tournaments
- Teacher-student competitions (volleyball, softball, Frisbee)
- Community garden assistance (weeding, raking) for donations
- Sale or delivery of garden mulch, water softener salt or other home maintenance items for set price
- 30-day fitness and fundraising challenges
- Sport camps for adults — enlist high school athletic teams to hold introductory classes for kids or partner with city parks and recreation

Non-Food Fundraising Ideas:

- Car washes
- Game night, bingo night
- Auctions (live, silent or online)
- Candles, lotions, soaps greeting cards, stationary
- Plants, flowers, bulbs, seeds
- Discount cards/coupon books
- Magazine subscriptions
- Recycling (cell phones, printer cartridges)
- School spirit apparel and merchandise
- Holiday-themed decorations and greenery
- Rent a special parking spot
- Parents' day/night out — provide childcare with open gym and activities for kids so parents can holiday shop or have an evening out
- Community craft fairs or garage sales — solicit donated items to sell
- Raffle tickets with donated prizes and special items — like a front row "VIP" reserved seat at a school concert
- Track and field spirit shop
- Dunk Tank

²www.actionforhealthykids.com

FOOD ALLERGIES/ANAPHYLAXIS

- All campuses are "Peanut and Tree Nut Allergy Aware".
- Review "Campus Health Forms" section for the district's Food Allergy/Anaphylaxis protocol and plan. (<https://www.austinisd.org/student-health>)
- School menu accommodations can be made for students with food allergies or other food issues by submitting a "Request for Dietary Accommodation" available on the Austin ISD website or from a school nurse.